

Prepare to Transform: Building & Navigating with Your Personal Compass

This 2-page summary synthesises the core teachings from Harry Gilfillan's Introductory lessons. Use it as a quick-reference cheat sheet alongside your Private Workbook to guide your decision-making and align with your true direction.

True North is not a destination you arrive at—it is who you are becoming. A Personal Compass forces a pause to ask: 'Does this align with the real me?'

The 3 Points of Your Personal Compass

Values (Deepest-Held Beliefs):

The non-negotiables of your life. These shape your perspective and define what matters most. When compromised, they leave you feeling empty; when honored, they provide clarity to say "no" to what drains you.

Strengths (Your "Secret Sauce"):

Your natural gifts—things you do with less effort than others. Often taken for granted because they feel easy, your unique mix of experience, empathy, or strategic thinking is your primary toolkit.

Purpose (Your North Star):

The "Why" that gives your daily actions weight and impact. It doesn't need to be a grand world-changing statement—it is the fuel for your passion and your reason for getting up in the morning.

The 3-Step Decision Filter & Practice

- **Step 1: Define the Challenge** — *Be specific. Frame the issue clearly rather than vaguely (e.g., "Should I commit 6 months to this high-pressure obligation, or prioritize my health?").*
- **Step 2: List Your Options** — *Write down all possibilities: a full "No," a negotiated "Partial Yes," or an alternative path that preserves your vital energy.*
- **Step 3: Consult Your Compass** — *Evaluate options against your non-negotiables. Protect your foundation first so you don't run out of materials to build your future.*
- **Quarterly Re-calibration** — *You are an evolving person. Conduct a quarterly check-in to adjust coordinates; small intentional shifts prevent massive*

Your Private Workbook Action Guide

Turn to Your Private Workbook (Introductory Module)

Complete the following practical exercises in your Personal Learning Log:

- **Lesson 1 — Exercise: Identifying Your Values:** *List your top 5 Core Values based on moments of pride or frustration.*
- **Lesson 1 — Your Unique Strengths & Purpose:** *Record your top 3 natural strengths and write a brief statement describing your life's purpose.*
- **Lesson 2 — Exercise: Using Your Compass:** *Work through the 4-step decision process for a current personal or work decision you are facing.*